



2109 S Stoughton Rd ♥ Madison WI 53716 ♥ 1-800-362-7353 or 608-224-5388  
 Fax: 608-224-6178 ♥ Email: [ccic@dpi.wi.gov](mailto:ccic@dpi.wi.gov) ♥ Internet: <http://dpi.wi.gov/ccic>

## Videos for Wisconsin Child Care Providers to Borrow:

### HEALTH AND SAFETY

*This list is divided into the following sections: general topics; disease prevention; emergencies; nutrition and food safety; playground safety; transportation safety. See also the list Children's Videos: Health & Safety.*

Go to <http://dpi.wi.gov/ccic> and click on the tab **Our Library** for borrowing procedures and a searchable online catalog of all CCIC's audiovisual resources and books.

**ADMINISTERING MEDICATIONS TO STUDENTS: A HOW-TO.** Virginia Beach, VA: Coastal Training Technologies Corp., 2003. VHS, 21 min. + handbook.

Methods for administering the many different types of medications encountered in schools.

**BY LEAPS AND BOUNDS.** (The Whole Child: A Caregiver's Guide to the First Five Years, Tape 2.) By Joanne Hendrick. South Burlington, VT: Annenberg/CPB Project, 1997. VHS, 27 min. + faculty guide.

Physical development and appropriate developmental activities, good health practices, and environmental safety for the years from birth to age five.

**CARING FOR OUR CHILDREN.** By the American Academy of Pediatrics and NAEYC. Washington, DC: NAEYC, 1995. 6 VHS, 30 min. tapes + handout masters.

Important training resource based on the book *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs*. Lots of very specific information on what you can do to ensure the health and safety of the children in your care. All six tapes are loaned together as a unit. We recommend that you also borrow the book if you don't already have a copy.

#### **Tape 1. Standards and you**

What standards are and how they were developed and can be used. How caregivers can avoid stress, illness, and injury.

#### **Tape 2. Basic caregiving**

Proper diapering and handwashing techniques and how to serve meals. How children with special needs can be integrated into a program.

#### **Tape 3. Ready for anything**

Proper emergency planning and response for centers and family child care homes. How to safely transport children. How to prepare disinfecting bleach solution. Forms of child abuse and reporting obligations.

**Tape 4. Setting up for healthy and safe care**

How to make sure a building used for child care is physically safe. Information on furnishings and storage of toxic materials. Playground safety, including location, arrangement of equipment, and use of impact-absorbing materials.

**Tape 5. Keeping it in shape**

Maintenance schedules and safety checklists. How to spot potential hazards. Recommended cleanup schedule and procedures. Use of an injury log.

**Tape 6. Illness in child care**

Planning and communications when caring for an ill child. Proper procedures for administering medication and informing parents of an ill child. Communicable diseases and policy for illness exclusion.

**HEALTH & SAFETY CONSULTATION IN CHILD CARE.** Susan Aronson, writer and executive producer. Rosemont, PA: Pennsylvania Chapter, American Academy of Pediatrics, 2002. 5 VHS videocassettes, 126 min. total.

Five-part video series designed to inform and encourage health care professionals working with child care programs in their communities. Part one: National resources (22 min.); Part two: Making observations (41 min.); Part three: The child care culture (24 min.); Part four: How to train child care staff (24 min.); Part five: Making health & safety improvement plans (18 min.).

**PETS IN CHILD CARE?** University Park, PA: Pennsylvania State University Cooperative Extension, 2001. VHS, 90 min. + guide.

This Better Kid Care Satellite workshop discusses the pros and cons of having pets in the day care center or care provider's home. It covers: what pets are appropriate and how to choose them, health and safety tips, how to show children the care and handling of pets, and what children can learn from pets, (One hour into the program Sheila Milnes has a short segment on the ease of "making" toys from boxes.)

**PROMOTING HEALTH, SAFETY, AND NUTRITION.** (Caring for Children, Tape 8.) Produced by Walter (Chip) Donohue and Jim Shaw, UW-Extension. Madison, WI: University of Wisconsin Board of Regents, 1991. VHS, 30 min.

Techniques and strategies to plan for, protect, and promote children's health, safety, and nutrition.

**SAFE FROM THE START.** Hosted by Gloria Estefan. Beverly Hills, CA: I Am Your Child Foundation, 2000. VHS or **DVD**, 28 min.

Provides helpful information about: car seats and car safety, feeding and food safety, crib safety, diaper changing and bath time, choking prevention and first aid for choking, childproofing your home, toy safety, kitchen safety, safety outside the home, kids and gun safety.

**SAFETY.** Columbia, SC: South Carolina ETV, 1995. VHS, 2 hrs.

Tape of an ECPDN (Early Childhood Professional Development Network) interactive seminar on safety issues in a child care setting. Includes information on preventing child abuse and reducing violence as well as preventing children's accidents. Vignettes filmed in actual Head Start programs offer viewers many opportunities to practice their observation skills and detect both safe and unsafe practices.

## **DISEASE PREVENTION**

**THE ABC'S OF SAFE AND HEALTHY CHILD-CARE: HANDWASHING & DIAPERING.** Atlanta, GA: Centers for Disease Control and Prevention, 1994. VHS, 28 min.

The first half of this tape uses a fake germ powder visible only in black light to show how germs spread all over a child care center in only 30 minutes if hands are not washed. Shows how and when to wash your hands and children hands. The second half shows safe diaper changing with and without gloves and tells when and how gloves should be used.

**BEFORE IT'S TOO LATE, VACCINATE.** Elk Grove Village, IL: American Academy of Pediatrics, no date. VHS, 16 min.

Video for parents on the crucial importance of getting children immunized. **Viewers are encouraged to copy this tape.**

**BLOODBORNE PATHOGENS, EARLY CHILDHOOD.** Virginia Beach, VA: Coastal Training Technologies Corp, 2002. VHS, 15 min. + handbook.

Describes three bloodborne pathogens--hepatitis B virus, hepatitis C virus, and HIV--and gives standard precautions and other protective safety measures for child care providers.

**BLOODBORNE PATHOGENS, INFANTS AND TODDLERS.** Virginia Beach, VA: Coastal Training Technologies Corp., 2004. VHS, 16 min. + handbook.

Explains bloodborne pathogens and safety procedures to use with infants and toddlers. Covers: Hepatitis B, Hepatitis C and HIV, transmission, housekeeping, exposure control, personal protective equipment.

**CARE OF CHILDREN'S TEETH.** Evanston, IL: Altschul Group Corporation, 1994. VHS, 13 min.

Shows parents and caregivers how to take care of children's teeth from birth, how to prevent "baby bottle tooth decay," the proper way to brush, and the right things to eat.

**HANDLING HAZARDS IN CHILD CARE.** Lubbock, TX: Creative Educational Video, 1995. 2 VHS videocassettes + guides.

Discusses guidelines for establishing a hazard communication program in a child care facility and the responsibilities of directors, supervisors, and employees. There are three objectives: to help the staff develop a safety attitude; to help the staff become aware of products used in a day care facility; to motivate the employees to protect themselves and others.

**Tape 1. ESTABLISHING A SAFE CHILD CARE ENVIRONMENT (27 min.)**

**Tape 2. UNIVERSAL PRECAUTIONS IN CHILD CARE (26 min.)**

**HEALTHY CHILD CARE: IS IT REALLY MAGIC?** With Audrey Smith, Tracy Burns, Susan Aronson. Written & produced by Health Professionals in Child Care. Oakland, CA: HPCC, 1987. VHS, 38 min. + guide.

Magical, funny Mother Spiff shows an infant-toddler caregiver how to cut illness way back by improving hygiene. This enjoyable tape also features Dr. Susan Aronson, nationally recognized authority on child care health, and covers the basics of health for both centers and family child care homes.

**LICE: SOME THINGS SHOULDN'T BE SHARED.** Newton, MA: National Pediculosis Association Inc., 1992. VHS, 12 min.

This video on the prevention, detection and treatment of head lice would be an ideal way to introduce a lice prevention campaign to parents.

**MINIMIZING LEAD-BASED PAINT HAZARDS DURING RENOVATION, REMODELING, AND PAINTING.** Washington, DC: U.S. Environmental Protection Agency, 2000?. VHS, 30 min.

Many common renovation, remodeling, and painting activities in homes with lead-based paint can create hazardous amounts of lead in dust and debris. In an effort to help control these hazards, EPA has developed simple strategies to reduce or eliminate the creation of hazards during remodeling activities that disturb leaded paint.

**REDUCING THE RISK.** St. Paul, MN: Early Childhood Directors Association, 1994. VHS, 23 min. + study guide.

Ways to reduce the risk of infectious disease in child care centers. Covers diapering, handwashing, and cleaning and disinfecting using universal precautions.

**SIMPLER THAN YOU THINK.** Madison, WI: Madison Dept. of Public Health, 1986. VHS, 13 min. + fact sheet.

Gives guidelines on proper handwashing as a way to prevent the spread of communicable diseases in child care settings. For staff training.

**THE SNEEZE: HOW GERMS ARE SPREAD.** Chatsworth, CA: AIMS Multimedia, 1996. VHS, 3 min.

This short video uses computer animation to show how germs are spread and why hand washing is so important to prevent the spread of disease. For grades K-12 and adults.

## **EMERGENCIES**

**FIRST AID FOR SCHOOLS.** Virginia Beach, VA: Coastal Training Technologies Corp., 2002. VHS, 19 min. + guide.

Basic first aid school staff can use to care for an injured student in the first few moments after an accident happens, before help arrives. Includes first aid for human bites.

**HAZARDOUS MATERIALS EMERGENCIES: ARE YOU PREPARED?** Madison, WI: City of Madison, 1996. VHS, 10 min.

This program from the Madison City Channel explains emergency preparedness response systems and briefly shows steps you can take to prepare for an emergency and to protect yourself and the children in your care.

**INFANT AND TODDLER EMERGENCY FIRST AID.** Boulder, CO: Apogee Communications Group, 1994. 2 VHS videocassettes.

These tapes, endorsed by the American Academy of Pediatrics, show the proper actions to take when a child becomes ill or hurt. (Note: These tapes are licensed for private home use only, but Apogee has given Wisconsin day care centers permission to show the tapes for non-commercial, educational use--provided

CCIC warns everyone that Apogee has already sued and collected large settlements from two day care centers that copied the tapes. CCIC can give you order information if you want to purchase copies for your center. Do not copy these tapes or any others you borrow unless the copyright holder gives you specific permission.)

**Tape 1. INFANT AND TODDLER EMERGENCY FIRST AID: ACCIDENTS (37 min.)**

Covers preparation, bites, stings, sunburn, heat exhaustion, heat stroke, electrical shock, frostbite, head injuries, nose injuries, falls, sprains, fractures, cuts, burns, shock, emergency medical services.

**Tape 2. INFANT AND TODDLER EMERGENCY FIRST AID: ILLNESSES (44 min.)**

Covers first aid kit, poisoning, dehydration, croup, fever, seizures, choking, rescue breathing, CPR review, emergency medical services.

**PEDIATRIC FIRST AID FOR CAREGIVERS AND TEACHERS.** Revised first ed. Sudbury, MA: Jones and Bartlett Publishers, 2008. **DVD** + 313-page guide + 155-page instructor's resource manual.

Designed to give caregivers and teachers education and skills necessary to provide critical first aid to children.

**TAKING CHARGE.** Sacramento, CA: California Dept. of Education Child Development Division, 1995. 2 VHS videocassettes, 29 min. each + book **Taking Charge: A Disaster Preparedness Guide for Child Care and Development Centers** (104 p.)

**Tape 1. TAKING CHARGE: PREPARING FOR DISASTER, A GUIDE FOR CHILD CARE PROVIDERS**

This video demonstrates what day care providers need to do to develop a comprehensive emergency response plan. Topics covered include environmental and hazard evaluation and preparations, survival needs, initiating a disaster response policy, parent and staff involvement, and maintenance of emergency preparedness. Because every child care program is unique, this should be used as a guideline to preparing emergency plans and should not be considered as a sample or model plan.

**Tape 2. TAKING CHARGE: COPING WITH DISASTER, A GUIDE FOR CHILD CARE PROVIDERS**

This video demonstrates what day care providers need to do in the event of a disaster. Topics covered include confronting the crisis, establishing communications, evacuation if necessary, dealing with Post Traumatic Stress Syndrome and recovery. Because every child care program is unique, this should be used as a guideline as you evaluate the needs and challenges of your own site.

## **NUTRITION AND FOOD SAFETY**

**THE CASE OF THE RUBBER CHICKEN.** Pullman, WA: Information Department, College of Agriculture and Home Economics, Washington State University, 1998. VHS, 8 min.

Very funny video to begin or end a training on food safety. Salmonella Sally enthusiastically violates all the food safety rules while making her chicken surprise salad with a rubber chicken. At the end of the process, Glo-Germ powder shows us that she has completely contaminated her kitchen and the food. The tape does not cover good food handling practices--that is left up to the trainer--but gives a negative example that's hard to forget.

**CHILD CARE AND PRESCHOOL GUIDE TO MANAGING FOOD ALLERGIES.** Fairfax, VA: Food Allergy & Anaphylaxis Network, 2001. 2 VHS videocassettes, 28 min. total + training manual.

Provides training for those responsible for the care of a child with food allergies. Covers legal issues, strategies for managing meal and snack time, hints for dealing with holidays, and recipes. Includes background information on food allergies and anaphylaxis. Tape 1: Alexander, the Elephant Who Couldn't Eat Peanuts (10 min.) Tape 2: It Only Takes One Bite (18:00 min.)

**EARLY CHILDHOOD, FOOD SAFETY.** Lubbock, TX: CEV Multimedia, 2000. VHS, 31 min. + guide + test.

Discusses the basic principles involved in preventing food-borne illnesses and providing safe food for children from birth through age six.

**FEED ME! : KIDS AND NUTRITION.** Lake Zurich, IL: Learning Seed, 2007. VHS, 26 min. + guide.

Between the ages of two and eight, a typical kid will eat thousands of meals, many at fast-food restaurants, and watch many more thousands of commercials that portray foods high in sugar and fat as cool, exciting, and downright irresistible. It's small wonder that one child in five is overweight, and that health problems like elevated cholesterol, high blood pressure, and Type 2 Diabetes are increasing in kids. This video shows how parents and caregivers can use MyPyramid for Kids to help children make the right dietary choices.

**FEEDING WITH LOVE AND GOOD SENSE.** Ellyn Satter. Madison, WI: Ellyn Satter Associates, 1994. VHS, 60 min. + teacher's guide.

Four 15-minute segments (infant, older baby, toddler, preschooler) designed to train parents and child care providers to understand feeding from the child's perspective and to be sensitive to how their own behaviors affect the child's eating. (Not about nutritional needs, choice of foods, or food preparation.)

**FEEDING YOUNG CHILDREN IN GROUP SETTINGS.** Moscow, ID: University of Idaho, College of Agriculture, 2000. 4 VHS videocassettes, 6 hrs. 53 min. total.

Experts in child development and nutrition discuss important feeding issues, including how to plan and carry out safe mealtimes that nurture children and how to improve the physical, social, and emotional settings provided for children while they eat.

- |                |   |
|----------------|---|
| <b>Tape 1.</b> | <b>THE SIX PRINCIPLES FOR FEEDING YOUNG CHILDREN IN GROUP SETTINGS</b> (100 min.) |
| <b>Tape 2.</b> | <b>CREATING A DEVELOPMENTALLY SOUND FEEDING ENVIRONMENT</b> (102 min.)            |
| <b>Tape 3.</b> | <b>CHOICES FOR CHILDREN'S HEALTH AND WELL-BEING</b> (106 min.)                    |
| <b>Tape 4.</b> | <b>COMMON QUESTIONS ABOUT FEEDING</b> (105 min.)                                  |

**FOOD AND FITNESS MATTER: RAISING HEALTHY, ACTIVE KIDS.** With Julia Louis-Dreyfus. Beverly Hills, CA: Parents Action for Children, 2006. VHS or **DVD**, 24 min.

The dramatic rise in childhood obesity is one of the most serious health problems facing our country today. This tape provides parents with the information and support they need to improve children's health and wellness at home and in their schools.

**FOOD FOR THOUGHT: NUTRITION AND CHILDREN.** (Indiana's Child Care Collection.) Washington, DC: NAEYC, 1996. VHS, 27 min.

Nutrition is an essential element of a child's growth and development. This tape covers children's dietary needs, food preparation and sanitation, as well as the social experience of mealtime.

**HEALTHY EATING: NUTRITION FOR INFANTS & CHILDREN UNDER 5.** Charleston, WV: Cambridge Educational, 1994. VHS, 30 min. + manual.

Focuses on nutritional needs for three specific stages of development: birth to 12 months, 1-3 years, and 3-5 years.

**HEALTHY HABITS = HEALTHY CHILDREN.** Monmouth Junction NJ: Meridian Education Corp, 2001. VHS, 15 min.

Aimed mainly at day care providers, this video discusses the importance of establishing healthy eating and lifestyle habits early. Covers the food pyramid, portion size, how to make the food appealing, educating children about good nutrition, and physical fitness.

**INGREDIENTS FOR A GOOD START.** Sacramento, CA: California Department of Education, 1993. VHS, 25 min. + guide.

Children's food needs are influenced by their developmental stage, temperament, personal preferences, cultural and family practices, and other individual differences. This tape urges caregivers to consider these factors as they help children get the nourishment they need and develop healthy habits and attitudes toward food.

**INTRODUCTION TO FOOD-BORNE ILLNESS.** Lubbock, TX: Creative Educational Video, 1996. VHS, 39 min. + guide.

Information on the types and general characteristics of microorganisms associated with food-borne illnesses. Techniques to control such illnesses through proper handling, storage, and cooking of food along with proper sanitation and personal hygiene.

**KIDS AND FOOD.** Lake Zurich, IL: Learning Seed, 1997. VHS, 24 min. + guide.

Explores nutritional and psychological problems involved in feeding children ages 2 to 11. Discusses how to choose nutritious snacks, evaluate nutrition labels, and counteract television's influence on eating patterns.

**NO BETTER GIFT.** Oakland, CA: Society for Nutrition Education, 1984. VHS, 22 min + 2 booklets.

How to create a pleasant eating environment and serve a variety of high nutrition foods to children ages one through five. Tape explains that what appears to be negative eating behavior in children this age can often be a positive sign.

**NUTRITION.** (The Developing Child, Module 15.) Barrington, IL: Magna Systems, Inc., 1993. VHS, 28 min. + workbook.

Nutrition goals; food pyramid and nutrients; dietary goals of prepregnant and pregnant women; feeding infants, toddlers and preschoolers; nutritional needs related to development from infancy through adolescence; nutritional issues of school-agers and adolescents.

**SMART SNACKING FOR CHILDREN.** Evanston, IL: Altschul, 1994. VHS, 12 min.

Snacking can give children important nutrients if we plan snacks as mini-meals and shop for them accordingly. Three different families share their ideas for healthy, fun snacks.

**TICKLE YOUR APPETITE: TEAM NUTRITION'S EDUCATION KIT FOR CHILD CARE.** Alexandria, VA: U.S. Dept. of Agriculture, Food and Nutrition Service, 1998. VHS, 18 min. video + 5 min. audiocassette + manual.

Contains activities and information that enable child care providers to improve nutrition experiences for preschool-age children where they live, learn, and play: child care centers, homes, and in the community.

**TODAY'S SPECIAL: A FRESH APPROACH TO MEALS FOR PRESCHOOLERS.** Sacramento, CA: California Department of Education, 1995. VHS, 26 min. + guide.

Creating healthy meals for children takes organization and skill. This video helps caregivers get organized by offering a fresh approach to planning menus and purchasing and preparing food for preschoolers. Includes recipes and cooking demonstrations for five tasty, nutritious dishes.

## **PLAYGROUND SAFETY**

**ABC'S OF SUPERVISION.** Cedar Fall, IA: University of Northern Iowa, [199-?]. VHS, 16 min.

How to supervise playground activities using strategies that prevent injuries to children.

**PLAYGROUND SAFETY.** By Joe Frost. Austin, TX: Texas Dept. of Human Services, 1985. VHS, 60 min.

Joe Frost, professor at the University of Texas, is a nationally recognized expert in children's play and playgrounds. In this tape, he gives a talk on playground safety using slides to illustrate his points and focusing on three topics: surfaces, fixed structures, and moving equipment.

**PLAYGROUND SURFACES.** Cedar Falls, IA: National Program for Playground Safety, University of Northern Iowa, 1999. VHS, 16 min.

How to install and maintain safe playground surfaces such as wood mulch, pea gravel, sand, shredded rubber, and rubber mats.

**SAFE ACTIVE PLAY: A GUIDE TO AVOIDING PLAY AREA HAZARDS.** Washington, DC: NAEYC, 1997. VHS, 35 min.

Designed to help caregivers identify and avoid the most common causes of serious injuries during active play, both indoors and out. Describes 12 hazards and suggests how to avoid them while maintaining the quality of active play.



## **TRANSPORTATION SAFETY**

**FUN, SAFE FIELD TRIPS WITH SCHOOL AGE CHILDREN.** Pullman, WA: Washington State University Cooperative Extension, 1998. VHS, 14 min.

Covers the developmental appropriateness of field trips for children 5-12 years old and gives specific steps for planning a safe, fun field trip.

**TRANSPORTING PRE-SCHOOLERS: GET A HEAD START ON SAFETY.** Virginia Beach, VA: Coastal Training Technologies Corp., 2003. VHS, 20 min.

Key rules and regulations bus drivers and monitors need to follow to safely transport preschoolers. Covers information in Part 1310 of the federal Head Start Program regulations and discusses the requirement for appropriate child safety seats for children under 50 pounds starting in 2004.

09/2009